



Online Activities for young people aged 13-19 years, or up to 25 with additional needs (some activities for younger people where stated).

Each session will last approximately 30 minutes. You can apply for any session, however, for those with a star you will need to email in to enquire about joining this group as there may be criteria for your attendance – we look forward to hearing from you.

## The UK's at home, but Essex Youth Service is Open!

Monday 18 <sup>th</sup> May	Tuesday 19 <sup>th</sup> May	Wednesday 20 <sup>th</sup> May	Thursday 21 <sup>st</sup> May	Friday 22 <sup>nd</sup> May	Saturday 23 <sup>rd</sup> May
<p>2pm <b>Making applications in the digital age</b></p> <p>3pm <b>Baking with Emma</b> (age 7-12)</p> <p>3pm Outhouse East consultation*</p> <p>3pm Breathe*</p> <p>3.30pm Primary Young Carers NE - Lego</p> <p>3.30pm Young Essex Assembly*</p> <p>4.30pm <b>Smoothie Making</b></p> <p>5pm <b>Bingo!</b> (age 7-12)</p> <p>5.30pm South Young Commissioners *</p> <p>6pm <b>Guess the Picture Quiz</b></p> <p>6pm Simply the Best *</p> <p>6.30pm Inclusive *</p> <p>7pm <b>Hangman</b></p> <p>7pm Torchlight (fortnightly) *</p> <p>8pm <b>Ask Sue</b></p>	<p>10am Mid Primary Young Carers Pictionary &amp; catch up</p> <p>11am Mid Secondary Young Carers Pictionary &amp; catch up*</p> <p>1pm Primary Young Carers NE – Marvel Quiz *</p> <p>1pm Mid Young Adult Carers Quiz *</p> <p>2pm <b>Writing a personal statement for your cv</b></p> <p>3pm <b>Home Science</b> (13-19)</p> <p>3pm <b>High School Musical Quiz (films 1&amp;2)</b> (13-19)</p> <p>3.30 <b>Maths Club</b></p> <p>4pm <b>Talk Disney</b> (age 7-12) -</p> <p>4pm West primary young carers*</p> <p>4.30 <b>Fitness &amp; street dance</b></p> <p>5pm <b>Talk Disney</b> (age 13-19)</p> <p>5pm <b>Quiz: music business</b></p> <p>6pm <b>Learn some magic tricks</b></p> <p>6pm <b>Bingo</b></p> <p>6.30 Endeavour Youth Group*</p> <p>7pm <b>Pamper masks</b></p> <p>7pm <b>Pet talk</b></p> <p>8pm <b>Make Up</b></p> <p>8pm <b>Exploring www.</b></p>	<p>2pm South Young Volunteers *</p> <p>2pm <b>Applying for an Apprenticeship using the NAS site</b></p> <p>3pm <b>Nature crafts</b> (age 7-12)</p> <p>4pm Saved by the Bell *</p> <p>3.20 YEA meeting</p> <p>4pm <b>Baking with Emma</b></p> <p>4pm South Gateway *</p> <p>5pm <b>Junior Quiz Night</b> (7-12)</p> <p>5pm <b>The 7 Day Challenge</b></p> <p>5.30 Rochford Youth Council*</p> <p>6pm <b>Art Zone</b></p> <p>6.30pm <b>Relax</b></p> <p>6.30pm Mid Young Commissioners *</p> <p>7pm <b>Video gaming</b></p> <p>8pm <b>Catchphrase</b></p> <p>8pm <b>Higher or Lower</b> – card game</p>	<p>1pm Mid Primary Young Carers Guess the picture</p> <p>2pm Mid Secondary Young Carers Guess the picture</p> <p>2pm <b>My CV and me</b></p> <p>3pm <b>Home Science</b> (age 7-12)</p> <p>3pm <b>Learn to sing</b></p> <p>3.30 The Quirky Squad *</p> <p>4pm West Secondary young carers*</p> <p>4pm <b>Quiz</b> – High School Musical Quiz</p> <p>4pm Laughs at the Lodge *</p> <p>4pm: NE Young Carers – (Secondary) Escape Room</p> <p>4pm Nexus *</p> <p>4.20pm NCS Grads *</p> <p>5pm <b>Quiz Night</b></p> <p>5pm <b>Stretch and lyrical dance with Fusion Dance</b></p> <p>6pm <b>Scavenger Hunt</b></p> <p>6.30 Basildon Youth Council*</p> <p>7pm <b>Live Chat: Share your ideas for keeping yourself well</b></p> <p>8.15pm <b>Sign Language Basics</b></p>	<p>12.00 SEND volunteer support group *</p> <p>3pm NE Young Carers Arty Party (Primary )</p> <p>5pm <b>Football chat</b></p> <p>6pm <b>Bike maintenance</b></p> <p>6pm Hermit Young Volunteers *</p> <p>6.30 Hermit Drop In *</p> <p>7pm <b>Bingo!</b> (age 13-19)</p> <p>8pm <b>Film Club</b></p>	<p>12.00 <b>Bingo!</b> (age 7-12)</p> <p>1pm <b>Stone Painting</b> Resources needed: stones, paint/sharpened markers and clear nail varnish.</p> <p>2pm <b>Baking</b></p> <p>3pm <b>Bingo!</b> (13-19)</p> <p>4pm <b>Sports chat</b></p>

**Note:** By booking a place, you are giving your consent to share any interactions you use during the online session with other participants, eg. video streaming and audio content. You have the option of turning off your camera and microphone if you wish.

To book your place, please contact [youth.work@essex.gov.uk](mailto:youth.work@essex.gov.uk) with:

- Full name and age
- Where you heard about the session or who told you about it
- Name date and time of session/s you would like to attend.

Once you are booked on, you will receive an email with a link to your session.